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HEALTH INSURANCE 101 VIDEOS

Everything you need to know about how insurance works

Find out how health insurance works with our series of educational videos. Get an understanding of who pays what, how provider networks save you money, what to consider when comparing plans and much more.

HEALTH INSURANCE 101

What is health insurance

Our six-part Health Insurance 101 series explains how insurance works, starting with the first video which answers the question: What is health insurance?

[Watch now](#)

HEALTH INSURANCE 101

Understanding cost-sharing terms

What is a premium, deductible, copay and coinsurance? The second video in our six-part Health Insurance 101 series explains terms to know when it comes to your out-of-pocket health care expenses.

[Watch now](#)

HEALTH INSURANCE 101

Know your network

Why is it important to see doctors in your health plan's provider network? Find out in the third video in our six-part Health Insurance 101 series.

[Watch now](#)

HEALTH INSURANCE 101

How to choose the right plan for you

Learn how to compare health insurance plans and select one that fits your care needs and your budget. The fourth video in our six-part Health Insurance 101 series shows you examples to help guide your decision.

[Watch now](#)

HEALTH INSURANCE 101

Know where to go for care

Today, there are more options than ever when it comes to getting medical care—from on-demand virtual care visits to traditional in-person visits. The fifth video in our six-part Health Insurance 101 series will help you know where to go for care.

[Watch now](#)

HEALTH INSURANCE 101

Why Regence

Choosing a health insurance company is a big decision. Check out the final video in our six-part Health Insurance 101 series to see why over 3 million people have chosen coverage through the Regence family of nonprofit health plans.

[Watch now](#)



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REG-463441-20/08-OR
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